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ENTREPRENEUR
**BIZ BUILT
FROM THE
LEGO UP**
metroNEWS



**YOUTUBE FILTER
BLOCKS GAY,
TRANS CONTENT**

And pop duo Tegan and Sara are joining
the LGBTQ chorus asking why
metroLIFE

Toronto metr



WHY WE CAN'T HAVE NICE THINGS



Cardboard Trudeaus nixed
from Canadian consulates
metroNEWS

Your essential daily news TUESDAY, MARCH 21, 2017

High 11°C/Low -7°C Cloudy

“
**It's easy
to keep
yourself
in the dark
about racism
and bias
when you
are part of
the majority**

Hadiya Roderique on
racism in the dating game
metroLIFE



Libraries without librarians

PILOT PROJECT

**Computerized
borrowing to
expand hours,
not replace staff**



**May
Warren**
Metro | Toronto

The Toronto Public Library plans to keep two branches open late without any staff, an idea that's alarmed the library workers' union.

The library will extend services — such as hold pickups, book borrowing, book returns and access to computers — at both the Swansea Memorial and Todmorden Room locations in fall 2017, said Moe Hosseini-Ara, director of branch operations and customer experience.

Hosseini-Ara likens the pilot program, which will run for one year, to a fitness centre open 24 hours without staff. People would be able to swipe in with their library cards.

“This is not to replace staff; this is just to expand hours,” he said.

Both locations have the shortest hours of any of the 100 library branches in the city.

They are located inside community centres, which would be open and staffed, he added, and librarians at other branches would be a phone call away. Security cameras would also be present.

Maureen O'Reilly, president of the Toronto Public Libraries Union, said she has serious concerns about the idea and doesn't believe a library can really be a library without staff.

“This is no more than a cost-saving exercise where politicians and senior staff refuse to advocate strongly on behalf of the service,” she said.

She's also worried about the safety of patrons without library staff around.

According to stats provided by the Toronto Public Library, violent incidents at the city's library branches have been rising, from 105 in 2014 to 145 in 2016.

“We're not saying our libraries are unsafe but we do operate in a large urban centre, and the reality is there's going to be challenges,” said O'Reilly. “We need eyes and ears of library workers to respond to that.”

Also inside

NEW

**THESE \$1M TORONTO HOMES MAY
BE SLIGHTLY SOUL-CRUSHING**

**TORONTO LANDLORDS PUSH
BACK AGAINST RENT CONTROL**

metroNEWS

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2015-16 KPI Student Satisfaction and Engagement Survey - overall KPI student satisfaction rate
2015-16 KPI Employer Satisfaction Survey - employer satisfaction rate



Board wants energy drinks ban

HEALTH

Council asked to stop sales at rec centres, other city sites

The Toronto Board of Health is asking council to ban the sale or distribution of caffeinated energy drinks on city-owned property or facilities, including recreation centres, parks, stadiums, public squares and right-of-ways.

After stakeholder consultations, Toronto Public Health was recommending an "incremental approach" to raising public awareness about the potentially negative effects of mixing caffeine and alcohol, particularly with young people.

"Toronto Public Health reviewed the evidence and found no compelling reason to deviate from the current precautionary public health approach that encourages limits in (caffeinated energy drink) consumption," acting medical officer of health Dr. Barbara Yaffe wrote in a report.

The report noted Health Canada approves all caffeinated energy drinks (CEDs) that are sold or marketed in Canada.

But visiting Councillor Glenn De Baeremaeker introduced a motion at Monday's health board meeting recommending council not permit the sale, marketing, promotion or sampling of CEDs in any city-owned property or facility.

Councillor Mike Layton said while he agreed with that motion's intent, he had concerns about pre-existing contractual obligations between energy drink companies and events held on city property, such as Exhibition Place which plays host to the CNE and Honda Indy Toronto.

Layton scrambled to introduce an amendment to the motion so it would conform with the Municipal Alcohol Policy, exempting the ban from Exhibition Place, civic theatres, community centres and Yonge-Dundas Square.

The Canadian Beverage Association said given the "rigour" of the consultations, it was "unexpected" the recommendations would be altered.

Council is expected to vote on the recommendation at its meeting next week.

TORSTAR NEWS SERVICE



Toronto DIGEST

PORT CREDIT

Body found on residential street identified

The body found on a residential street in Port Credit has been identified as a 43-year-old woman who was reported missing a week ago, Peel Police confirm. She has been identified as Cheryl McVarish, investigators say. Homicide detectives and the Missing Person's Bureau are investigating due to the incident's "suspicious nature".

TORSTAR NEWS SERVICE

BURLINGTON

Man who allegedly killed chiropractor dies

A man who allegedly killed a Burlington chiropractor Thursday — and also wounded himself with his own gun — has died of his injuries in hospital. David Williamson's alleged victim, Dr. Ferdinand "Fred" Mejilla, was shot at his own clinic, Mejilla Family Chiropractic, on Plains Rd. in Burlington. Mejilla died in hospital on Friday. TORSTAR NEWS SERVICE

CITY HALL

Tory asked for answers

Pressure is building on Mayor John Tory to explain why his staff instructed council allies to vote against considering the gender impacts of future city budgets while he publicly voted for the initiative. Councillor Kristyn Wong-Tam, who drafted the gender equality motion, is not satisfied with Tory's response that his council votes "speak for themselves." TORSTAR NEWS SERVICE

POLICE

Report into weapon deaths omits ongoing investigation

A new report on Toronto police use of conducted energy weapons, better known as Tasers, states there were no deaths associated with the weapon in 2016 — a claim being questioned by critics who point to the ongoing probe into the case of a man who died after he was Tasered by police in November.

In an annual report released by the Toronto police services board Friday, Toronto police

chief Mark Saunders says there were "no deaths directly associated" with Tasers in the past year.

The report does not acknowledge an ongoing probe by the provincial police watchdog, the Special Investigations Unit (SIU), into the death of Toronto man Rui Nabico.

Meaghan Gray, spokesperson for the Toronto police, said the Taser report can only include

confirmed deaths. In Nabico's case, the SIU has not yet released the coroner's report stating cause of death.

"If the SIU or the coroner's report comes back and makes the determination that that death was in fact the direct result of the Taser use, then we will go back and make that correction in a future report," Gray said.

TORSTAR NEWS SERVICE

Photographer admits to 'reprehensible' acts

PRIVACY

Man allegedly distributed women's nudes, contact info

A popular Toronto photographer is accused of posting online revealing photos and contact information of women he knows.

Ren Bostelaar, an amateur photographer and married father behind the blog Bike Rack TO, issued an apology on Facebook after he was confronted by at least one of the women involved.

The photos and identifying details appeared on at least one infamous site, 4chan.

Toronto police confirmed Monday they are investigating Bostelaar for criminal harassment after a complaint Sunday.

The Bike Rack photos, posted on Tumblr, saw both men and women posing with their ride of choice, some clothed and others



Toronto photographer Ren Bostelaar is accused of sharing pictures of women without their consent. TORSTAR NEWS SERVICE

partially or completely naked. Bostelaar would let the subjects choose which shots they felt comfortable having posted online, said one woman who participated in a photo shoot.

Bostelaar said, through an emailed statement from lawyer Sam Goldstein, that "the photo-

graphs he posted had been posted by the women themselves to public social-media websites" and that he "did not deliberately disseminate private details of these woman on the Internet with malicious intent."

Bostelaar, who worked for the camera chain Henry's, is no

longer employed with the company, a spokesperson confirmed.

"It has come to light that I've been engaging in a reprehensibly bad behaviour (sic) and I would like to make a public apology and take responsibility for my actions," Bostelaar wrote.

"It completely caught me off guard because I couldn't think of anybody who would have any reason to have it out for me," said Sophia Sadoughi, one of the women affected.

Sadoughi said after getting in touch with other women and believing Bostelaar was a common connection, she confronted him, demanding he publicly apologize.

A second woman, who asked to be identified only as Rian, said when she dated Bostelaar she sent him nude photos from the neck down that no one else had access to. Those photos appeared on 4chan in various threads that included her full name, area code and photos of the nude pictures next to identifiable pictures of her. TORSTAR NEWS SERVICE

SEXUAL HARASSMENT

Accused constable still on active duty



Stephen Spencer Davis
For Metro | Toronto

A Toronto police constable remains on duty after allegedly sexually harassing a fellow officer several times in 2015.

Const. Usman Haroon faces nine counts of misconduct at the Toronto Police Service's Disciplinary Hearings Office, which adjudicates non-criminal charges against officers.

Haroon's alleged harassment appears to have been directed at a female constable between May and November 2015, according to hearing notices released to Metro.

Haroon allegedly "made comments of a sexual nature" toward his co-worker and touched her without consent on several occasions.

Toronto police have laid no criminal charges against Haroon, spokesperson Meghan Gray said in an email.

Haroon and his lawyer did not respond to requests for comment.

On Aug. 10, 2015, Haroon allegedly placed his hand on his



Const. Usman Haroon faces nine counts of misconduct. CONTRIBUTED

co-worker's leg as she conducted an interview, according to one hearing notice. In the 14 Division parking lot the following day, Haroon allegedly grabbed a print roller that was "lodged between (the officer's) legs."

On Nov. 21, 2015, Haroon also allegedly took his co-worker's hand and moved it "towards the area of (his) groin." The same day, while on a call, Haroon allegedly touched his partner's buttocks.

Haroon was served with hearing notices on May 5, 2016, according to a police document. The case goes back before the disciplinary tribunal on Tuesday.



According to agreed facts, Craig Wattier accessed 750 files related to child sexual abuse material. TORSTAR NEWS SERVICE

Officer jailed for accessing child porn, fraud

A long-time Peel Regional Police officer who admitted to watching hundreds of child-pornography videos seized as evidence from police investigations has been sentenced to a year in jail.

Craig Wattier, 52, pleaded guilty in February to breach of trust for abusing his special access to the electronic child-pornography evidence vault

and fraud for falsely claiming \$28,000 over 11 years in overtime, paid duty and cameras bought for personal use.

"To add insult to injury, Mr. Wattier accessed some of these files when he was off-duty, but charged overtime for his activities," said Ontario Court Justice Katherine McLeod.

"The images gratuitously

accessed by Mr. Wattier were shocking in their perversity," she said. "The fact that someone who is not obligated to do so would voluntarily watch these images ... is deeply disturbing and frankly horrifying."

Wattier was in tears as he was escorted out of the courtroom. When a court onlooker said Wattier should have gone

to jail longer, one supporter responded that she "did not know the truth."

"It's not right," his wife Debbie Wattier said, adding that Wattier entered a guilty plea to avoid a trial they could not afford and on the understanding that by doing so he would avoid jail time.

TORSTAR NEWS SERVICE

RICK MERCER REPORT

#rickmercerreport

TONIGHT Rick goes parachute training with cadets at CFB Trenton, Ontario.

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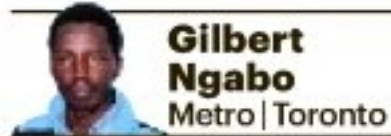
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Group outlines actions needed to end racism

TOLERANCE

Advocates join forces, produce plan aimed at policy-makers



Gilbert Ngabo
Metro | Toronto

Local community advocates are putting pressure on authorities to do more to stop racism and Islamophobia.

The Toronto & York Region Labour Council has teamed up with members of the Urban Alliance on Race Relations to produce an action plan to help end the spread of racist acts and support the truth and reconciliation process.

The call coincides with the International Day for the Elimination of Racial Discrimination.

It also follows a rash of recent hateful attacks targeting Muslims, and comes at a time when people around the world are wary of Donald Trump's immigration policies.

"We need strong mechanisms to deal with these issues," said labour council member Kiruthiha Kulendiren, noting there's a cyclical wave of acts of discrimination against immigrants and minority groups. "Politicians keep talking about sanctuary cities but we don't see enough implementation."

The plan specifically calls



Kiruthiha Kulendiren and other members of the Toronto & York Region Labour Council are calling for stronger mechanisms to fight against racial discrimination. EDUARDO LIMA/METRO

for all public institutions to develop strategies to counter bigotry, anti-Semitism and anti-black racism. It also specifically calls for the Conservative Party to "act decisively" against the politics of division and intolerance, and encourages corporations to take a firm stand against discrimination and xenophobia.

The labour council recently submitted a report to the Ontario Anti-Racism Directorate, detailing its concerns around criminal justice and mass incarceration of black and other minority people, as well as issues of racialized discrimina-

tion in education and public service sectors.

Kulendiren said part of the plan is to engage the general public about what they want to see happening in the fight against racial discrimination.

"Incidents of racism and Islamophobia are going up exponentially in our city, which is really troublesome," she said.

She referred to last year's report from Statistics Canada that showed hate crimes against Muslim-Canadians had doubled over a three-year period.

"We really need action now or things will get worse."

TAKE PART

When and where the event is happening

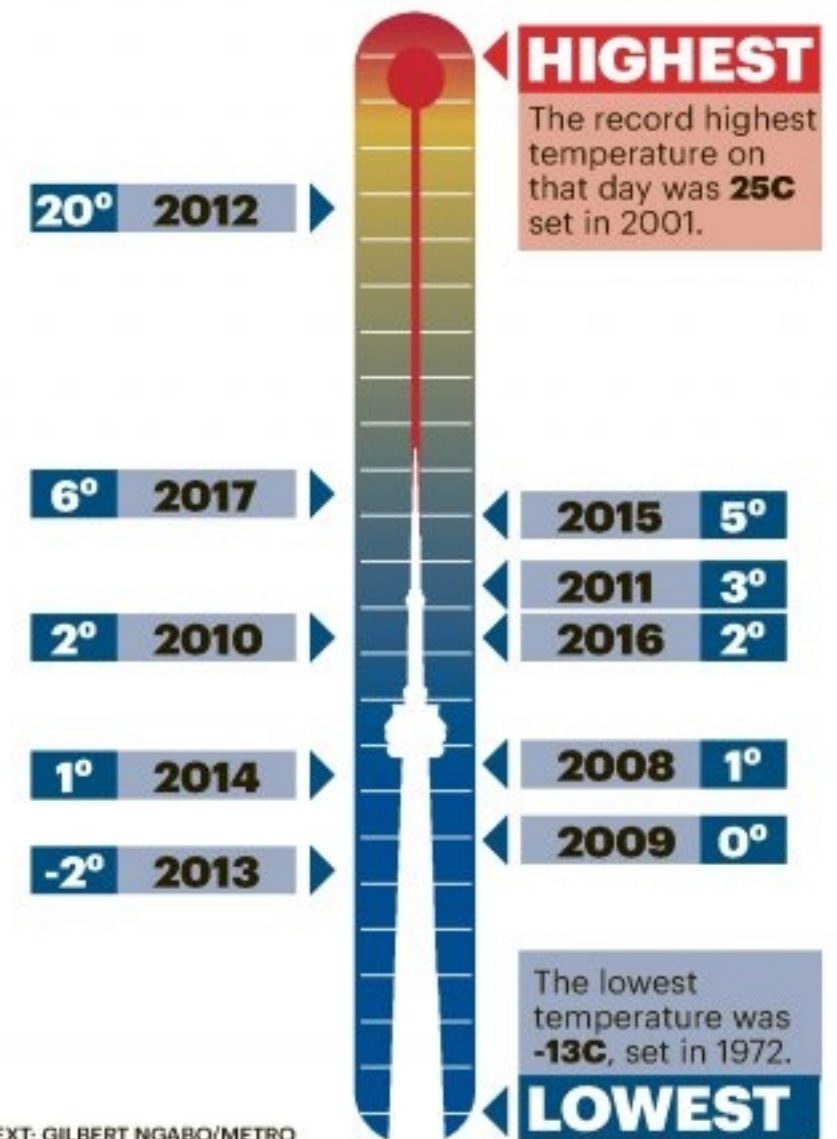
Urban Alliance on Race Relations and the Toronto & York Region Labour Council will hold the "Unite to Stop Hate" event Tuesday at City Hall, starting 7 p.m.

City Coun. Kristyn Wong-Tam, Indigenous Elder Katherine Brooks and lawyer Anthony Morgan are among speakers.

Yes, it's normal for spring to leave you cold

Spring has officially arrived, but you may not feel it. Statistics from Environment Canada show Toronto and the GTA see cold temperatures until mid-April. It's even possible to have a frost day in May.

Average temperature on March 20, the first day of spring:



TEXT: GILBERT NGABO/METRO
GRAPHIC: ANDRES PLANA/METRO

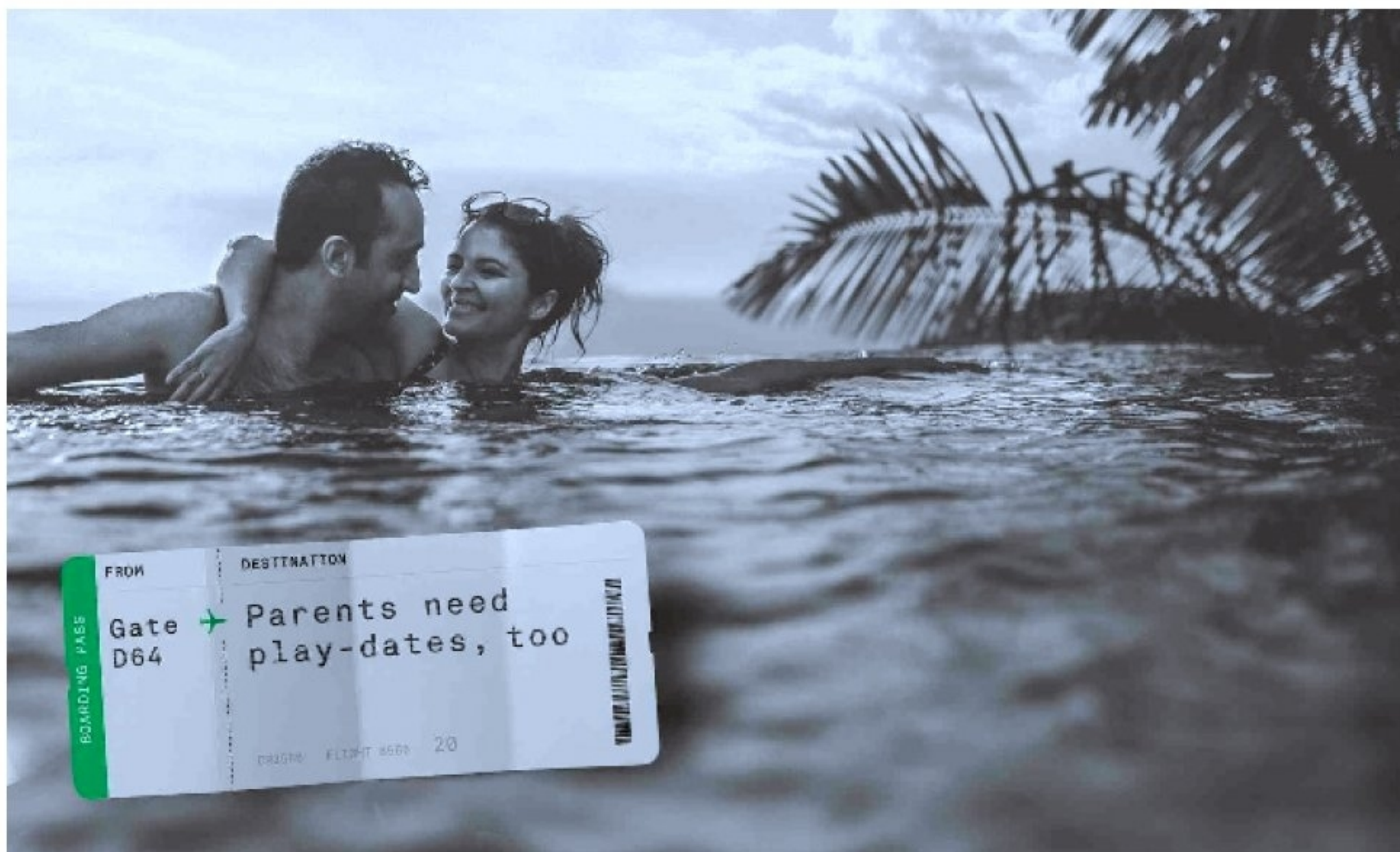
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The Six according to Drake

Drake's latest album, *More Life*, arrived this week filled with shout-outs and allusions to the Six. From Scarborough to Etobicoke, we break down all the locales Drizzy namedrops.

STORY BY: DAVID HAINS METRO; MAP BY: ANDRES PLANA METRO

**WORRIED 'BOUT TAKIN' MY LAKE
THEY AIN'T EVEN GOT ON MY ROAD**
"Jorja Interlude"
Possibly a reference to Toronto rapper Tory Lanez, who has had mini-feuds with Drake. Lanez grew up in downtown Toronto and **Brampton**, among other places, and has stated his dislike for Drake's city nickname, "the Six."

**QUEEN STREET VISIONS
THAT NOBODY BELIEVED IN**
"Lose You"
Drake references the highly successful 2016 **OVO** popup shop that coincided with his album *Views*.

**YEA, USED TO BE
A SILVER CITY INDIGO
USED TO BE IN LUNCHROOM,
PLAYIN' DOMINOES**
"Do Not Disturb"
While a lot of people from Richmond Hill are tweeting that Drake gave them a shout-out, given his time in Forest Hill and Vaughan Road Academy it's more likely he's referring to **Yonge and Eglinton** or Yorkdale.

**I'M BUILDING UP A HOUSE
WHERE THEY RAISED ME
YOU MOVE WITH ME,
I'LL GO CRAZY**
"Blem"
Drake is building a mega mansion in the **Bridle Path**, which will reportedly include a basketball court, a pool in the basement and a "jersey museum." He purchased the property for \$6.7 million last September.

**IF GILKA CALL SHOTS,
NO QUESTIONS
GWAY TILL I'M RESTING
BUT WE STILL GOT LOVE
FOR THE WEST END**
"No Long Talk"
Here Drake summons the image of **Scarborough's Kingston-Galloway** neighbourhood, referred to as G-Way.

**Y'ALL SLEEP
AT THE SHERATON**
"Can't Have Everything"
Drake goes on to explain that staying at the **Sheraton** is embarrassing. While the Sheraton couldn't be reached for comment, we imagine they would point out that a 4-star hotel in a central location isn't that bad if you're not Drake.

**WHO KEEPS BRINGING MORE?
I'VE HAD TOO MANY
THIS VIRGINIA
DONE ME OFF ALREADY**
"Blem"
"Virginia" refers to Virginia Black, Drake's very own whiskey. Billed as a "smooth sipper" with "swagger and soul," the 750 ml bottle sells for \$39.95. It's popular, too; the whiskey set a one-day **LCBO** sales record.

**I SWITCH FLOW
LIKE I SWITCH TIME ZONE
CAN'T GET NOBU,
BUT YOU CAN GET MILESTONE
I GOTTA DO MANSION,
'CAUSE I OUTGROW CONDO**
"Gyalchester"
Japanese chef Nobu Matsuhisa isn't in Toronto just yet, but he has plans for a hotel-condo-restaurant at **15 Mercer St.** Construction won't begin until 2018, so it will be Milestones' appetizers for a while.

**HOW YOU LET
THE KID FIGHTIN'
GHOST-WRITIN' RUMOURS
TURN YOU TO A GHOST?**
"Free Flow"
In "Free Flow," Drake references his feud with Philadelphia rapper Meek Mill, who accused Drizzy of using a ghostwriter. **City councillor** Norm Kelly gained social-media fame when he entered the fray and tweeted an insult to Meek Mill.

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CAMBRIDGE
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Cambridge Centre

COBourg
Northumberland Mall

DUNDAS
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ETOBICOKE
Albion Centre
Cleveland Mall
Sherway Gardens
Woodbine Centre

FERGUS
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GEORGETOWN
330 Guelph St.

GUELPH
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Stone Road Mall

LINDSAY
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Whitney Town Centre

MAPLE
Rutherford Marketplace

MARKHAM
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Markville Shopping Centre
Pacific Mall

MILTON
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MISSISSAUGA
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Erin Mills Town Centre
Hwy 10 & Hurontario
Sheridan Centre
SmartCentres Westgate
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NORTH YORK
Bayview Village
Centropoint Mall
Fairview Mall
Lawrence Square
North York Sheridan Mall
Shops at Don Mills

OAKVILLE
478 Dundas St. W.
Oakville Place

ORANGEVILLE
114 Broadway Ave.

OSHAWA
Oshawa Centre
Oshawa Sobeys Plaza

PICKERING
Pickering Town Centre

RICHMOND HILL
Hillcrest Mall

SCARBOROUGH
259 Morningside Ave.
Eglinton Square
Scarborough Town Centre

THORNHILL
The Promenade

TORONTO
120 Adelaide St. W.
2256 Bloor St. W.
2171 Queen St. E.
2323 Yonge St.
Chinatown Centre
College Park
Crossroads Plaza
Dufferin Mall
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Gerrard Square
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The Stockyards
Toronto Eaton Centre
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CODE RED: TORONTO'S HOUSING CRISIS

'It's punishing the tenants': Advocate

HOUSING

Group says opposition to rent control is self-serving

May Warren
Metro | Toronto

Introducing rent control on buildings built after 1991 would put a chill on new rental developments, says the president of the Federation of Rental-Housing Providers of Ontario. "This will have an effect in terms of much needed purpose-built rental," Jim Murphy told Metro.

He made the comments as NDP MPP Peter Tabuns introduced a private member's bill in the Ontario legislature to improve protection for tenants by scrapping an exemption for rent control in buildings built after 1991.

Murphy pointed to a recent report from research firm Urbanation Inc. that said purpose built rental units in the GTA have increased to 27,812 apartments over the past year.

"A lot of that may be put at risk in light of a decision like this because there's uncertainty in terms of decisions that are made," he said.

"All of these projects will be reviewed and may not proceed which will not help tenants at



Parkdale building tenants have organized an effort to protest rent increases on newer buildings constructed after 1991.

CARLOS OSORIO/TORSTAR NEWS SERVICE

all, because there will be less choice."

The bill is designed to better protect tenants, and remove the current loophole which is "leaving millions of Ontario residents in the lurch," said NDP leader Andrea Horwath in the legislature Monday.

Private Member's bills rarely pass.

Ontario Housing minister Chris Ballard told Metro last week that the 1991 loophole was "not legislation that's working today," but stopped short of saying he would scrap it, pledging instead to "expand" rent control.

Marva Burnett, president of ACORN Canada, which advocates on behalf of low and moderate-income people, wants to see the 1991 loophole scrapped.

"It's punishing the tenants

+ VACANCY RATE

The province sets a yearly cap for rent increases on buildings built after 1991. In 2017 it is 1.5 per cent. The vacancy rate is 1.3 per cent, considered very low.

for living in a building that was built after 1991," she said.

Tenants who do face rent hikes are at risk of losing the "roof over their head" or taking from money for groceries or medication to make up the difference.

Burnett called the argument that rent control restricts demand "self-serving," and added the vacancy rate is still very low despite existing rent control on buildings built after 1991.

NEW metroEXPLAINS If I had a million dollars...

**KEY DETAILS**

Address: **573 Kennedy Rd.**
in **Scarborough**
Size: **654,231 sq. ft**
Rooms **3 bed, 2 bath**

2015 sale price:
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Current listing price:

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CODE RED: TORONTO'S HOUSING CRISIS



Ontario Finance Minister Charles Sousa told the house on Monday, after sending an open letter to federal Finance Minister Bill Morneau imploring him to act, that "uncertainty in the housing market has been partially driven by speculation." DAVID NICKLE/METROLAND

Feds urged to help cool the market

HOUSING Sousa suggests Ottawa raise capital gains inclusion rate

Queen's Park wants Ottawa to help cool home prices in overheated real estate markets such as Toronto.

Ontario Finance Minister Charles Sousa is urging federal Finance Minister Bill Morneau to take steps in his budget Wednesday to curb speculation contributing to the soaring cost of homes.

"Uncertainty in the housing market has been partially driven by speculation," Sousa told the house on Monday after sending an open letter to Morneau imploring him to act.

"I've sent a letter to the federal minister of finance to request that the federal government consider increasing the capital gains inclusion rate for non-principal residences," the provincial treasurer said.

"Under the current rule, when you sell a home that is not your principal residence for a profit, only 50 per cent of the capital gain is included in taxable income," he said.

"This change will be an important step toward keeping our country's housing market stable and curbing price acceleration."

Sousa's comments come as he is preparing an Ontario

budget expected next month.

He was coy about what additional measures the provincial government will take to ensure house prices are more affordable.

"We are looking at a suite of options that may be available to us," said Sousa, who noted that he met with British Columbia's Finance Minister Mike de Jong on Monday to discuss that province's tax on foreign buyers in Vancouver.

But the Ontario minister stressed he was concerned about "the unintended consequences of any decisions we make" and indicated that domestic speculators are having a greater impact on housing prices than wealthy investors

"Our analysis suggests speculative demand forces may have become more far-reaching within Toronto's housing market."

In Ottawa, an aide to Morneau said the federal government is "committed to working closely with provinces and municipalities to tackle housing affordability issues."

"We believe all Canadians deserve a real and fair chance at success, and this includes having access to housing that meets their needs and that they can afford," press secretary Annie Donolo said in an email.

"We know that, for many middle-class Canadians, their home is the most important investment they will make in

"We believe all Canadians deserve a real and fair chance at success."
Charles Sousa

from abroad.

"Just today, TD Economics released a special report on the housing market, arguing that the heightened uncertainty in the market can be largely attributed to speculation," he said.

The bank noted prices are expected to rise between 20 per cent and 25 per cent this year, and "at roughly 3 per cent to 5 per cent in 2018."

"Uncertainty is running higher than usual due to the risk of more buyer speculative activity," the TD study said.

their lifetime. As such, it is critical to their financial well-being that this investment be protected, and for people to be making investments they can afford," said Donolo.

That's why Ottawa doubled the amount required as a down payment on homes costing more than \$500,000. It now stands at 10 per cent.

"We're improving tax fairness by ensuring that the principal residence exemption is available only in appropriate cases," she said.

TORSTAR NEWS SERVICE



My friends wondered what I was doing differently...

I LOST 65 POUNDS WITH ZUCCARIN DIET

"My name is Josephine and I live in Toronto. I work as a nutritional planner for hospital patients. All my life I have struggled with my weight but over the last year I have finally figured it out. I am down 65 pounds now and feeling better than ever. My friends and my aqua fitness instructor keep asking me what I am up to and how I lost so much weight.

I READ ABOUT ZUCCARIN

A few years back I was told my blood sugar was too high. I was tired, craving sugar and not losing weight, so the diagnosis didn't come as a surprise. My doctor wanted to start me on medications, but I wanted to try a natural option first.

I read about a woman in Florida who had regulated her blood sugar levels naturally and while doing that lost a big amount of weight. She had been using a mul-

berry leaf supplement called Zuccarin.

MY WEIGHT LOSS SUCCESS

When I started using Zuccarin I first noticed that my blood sugar dropped to normal levels within days. It was great to see that result from a natural health product.

After a while I noticed how much better I felt and how my sugar cravings were fading. As a nice side effect, I was gradually losing weight, and noticing how my waist was shrinking. I was thrilled!

Now it has been over a year, and I have lost 65 pounds in total. Zuccarin has been a huge help in reducing my sugar cravings and weight. Now, when anyone asks me how I did it, I am the first to tell them about Zuccarin. I strongly recommend it to anyone who has blood sugar or weight issues, as I had."

Josephine T., Toronto, ON

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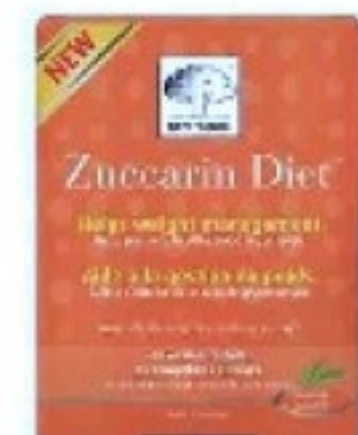
A recent Italian study of Zuccarin showed the impressive weight loss results of blocking carbohydrates. Zuccarin produced an average weight loss of 20 pounds in 90 days. The diet group lost 10% of their weight and 3 times more fat than the people in the control group."



TEST YOURSELF HOW DO YOU FEEL?

- ☐ I have a lack of energy
- ☐ I store fat on my belly
- ☐ I have difficulty losing weight
- ☐ I have sugar cravings
- ☐ I urinate often when drinking liquids

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New program has billions for social need

BUDGET

Infrastructure idea could bring more money for services

A new infrastructure bank could free up billions in new money for social services Canadians regularly use, internal government documents say — provided the experimental new institution meets its lofty financing goals.

The presentation, prepared for the economic growth council that's advising Prime Minister Justin Trudeau and his cabinet, shows transit and water projects going through the bank could mean more federal dollars for social infrastructure like child care, recreational facilities and seniors' centres.

Funding for social infrastructure projects, which tend to be less attractive to private

investors, could increase by one-third if the bank meets its target of leveraging \$4 in private investment for every \$1 from the federal government, the documents indicate.

Those documents, obtained under the Access to Information Act, demonstrate the Liberal government's thinking on how money from its long-term infrastructure program could help them meet their economic and political goals.

The program's three streams — social, transit and so-called "green" infrastructure — are worth almost \$69.1 billion in new funding over the next 10 years. Wednesday's budget will unveil more details of how the money will flow and where the funding for the bank will come from, say sources who spoke on condition of anonymity.

Concerns have persisted that the funding would be diverted away from money earmarked to cities and provinces.

THE CANADIAN PRESS



MANHUNT CANADA-WIDE WARRANT OUT FOR SUSPECT A small memorial sits outside of the home of seven-year-old victim Nathan Dumas in St. Catharines, Ont., on Monday. Police in southern Ontario say they're continuing the search for a man accused of killing his seven-year-old stepson. Niagara regional police Const. Phil Gavin says a Canada-wide warrant will be issued for 43-year-old Justin Kuijer of St. Catharines, Ont. TARA WALTON/THE CANADIAN PRESS

JOURNALISM

Metro gets NNA nod

Metro Calgary and Metro Edmonton have been named finalists in the National Newspaper Awards for coverage of the Fort McMurray wildfires.

The papers are nominated in the breaking news category for stories detailing the first 36 hours of evacuation efforts.

The coverage chronicled first-person accounts of some of the more than 88,000 fleeing the city, provided timely information to Albertans as the wildfires grew and delivered stories of courage and giving.

"The devastating effect of the Fort McMurray wildfires will not be forgotten by Alberta, or Canada," said Cathrin Bradbury, Vice-President and Editor-in-Chief of Metro English Canada.

"We're tremendously proud of the work done by our Alberta reporting teams, with the support of their Toronto colleagues, to document the bravery and fear of those first crucial hours."

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Cut it out: No more cardboard Trudeaus

DIPLOMACY

Popular 2D PM will have to go back into the storage closet

Justin Trudeau may still be a big draw on the international circuit, but his cardboard stand-ins have fallen flat.

Global Affairs has instructed diplomatic missions in the U.S. to stop using life-size cardboard cutouts of the prime minister to promote Canada. The order follows the revelation last week that prime ministerial replicas turned up at an event last June organized by the Canadian consulate in Atlanta and earlier this month at a Canadian music festival in Austin, Tex.

The Canadian embassy in Washington also rush-ordered a cutout of its own for use at Canada Day celebrations last year, at a cost of \$147.79, in-



Trudeau replicas turned up at an event last June organized by the Canadian consulate in Atlanta and earlier this month at a Canadian music festival in Austin, Tex. [TWITTER.COM](https://twitter.com)

cluding \$72.80 for next-day delivery.

The embassy has not explained whether the cardboard Trudeau was ever actually used.

Regardless, it will now have to go into storage.

"We are aware of instances where our missions in the United States had decided to

purchase and use these cutouts," Global Affairs spokeswoman Natasha Nystrom said in an email. It's not clear if the missions ever had departmental permission to use the cardboard cutouts.

According to emails obtained by the Conservatives through the Access to Information Act, the Washington embassy's interest in using a cardboard likeness was sparked by word that the Atlanta consulate had put one on display at a pre-Canada Day event last year.

Asked if Ottawa had given permission, Louise Blais, the Atlanta consul general, advised the embassy that she did ask but "never got an answer."

Anna Gibbs, senior events production manager at the Washington embassy, was excited about the prospect of putting Trudeau's image on display.

"I think this will be a hoot and extremely popular and go well with our Snapchat filter," she said. THE CANADIAN PRESS

ALBERTA

'Outdated gender roles' taught at new course



Alex Boyd
Metro | Edmonton

A junior high north of Edmonton is taking heat online for a new women's studies course that preaches empowerment, but teaches girls about face shape, polite conversation and applying makeup.

The class launched Feb. 1 at Eleanor Hall School in Clyde, and is open to students in Grades 6 to 9. There are 25 girls signed up for the option as part of the school's Career and Technology Foundations program, according to officials from Pembina Hills Public Schools.

But criticism online has been swift, after a school board newsletter dated March 15 described what students would be learning.

"Girls self-image and self-esteem takes a battering in a

world where they are bombarded with distorted images of what it means to be female," the newsletter reads.

Activities outlined include analyzing face and body shape "to determine which hairstyle is most flattering."

Students will also complete "an online shopping activity to identify their own personal style," and "plan recipes, table settings, dinner music and review dinner party etiquette and polite conversation."



You don't focus on what their bodies look like, but what their minds can do.

Cristina Stasia

Cristina Stasia, a gender studies professor at the University of Alberta, called the focus on appearance "extremely problematic."

"It's reinforcing some very outdated gender roles. There is a need for gender studies in schools, but the way we do that is by teaching critical media literacy," she said.

"You don't focus on what their bodies look like, but what their minds can do."

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FBI probes Trump ties to the Russians

INVESTIGATION

White House moves to cut links to past associates

It's now been revealed that the FBI had two political bombshells ready to drop during the last U.S. election. One, it unloaded on Democrats two weeks before election day. The other it held onto — until two months into Donald Trump's presidency.

It dropped Monday. In an announcement that could forever affect history's account of the 2016 election, the FBI announced that it has been investigating possible criminal collusion between the Russian government and associates of the Trump campaign since July.

FBI director James Comey revealed it while testifying to Congress. He's the same FBI director who during the campaign commented publicly about an investigation into Hillary Clinton's emails. The news came in a five-hour hearing that concluded with the Republican committee chair stating the politically obvious: this shadow will linger for a while, creeping over the Trump White House.

"There's a big, grey cloud that you have now put over people who have very important work to do to lead this country."

Comey replied: "I understand." His revelation fanned a low-level fire crackling for months in the U.S. capital over why the Putin government intervened in the U.S. election; what its motives might have been; and whether the Trump team knew about it.

Late last July, Comey said, the agency began investigating contacts between Trump asso-



FBI Director James Comey testifies on Capitol Hill in Washington on Monday before the House Intelligence Committee hearing on allegations of Russian interference in the 2016 U.S. presidential election. J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

ciates and the Russian government — which is believed to have stolen emails from the Democratic party and leaked them through intermediaries Wikileaks and Guccifer.

The investigation will include whether crimes were committed. It's unclear how long the probe will take. And law-enforcement officials wouldn't say a word about which Trump associates were targeted. Comey declined to say whether his agency had questioned Michael Flynn, Trump's just-fired national-security adviser; Paul Manafort, his fired campaign manager; or Roger Stone.

The White House moved to cut ties to all of them.

Trump spokesman Sean Spicer played down the importance of Flynn, calling him "a volunteer of the campaign." The so-called volunteer was Trump's No. 1 foreign-policy and national-security adviser. The man with the supposedly limited role? His campaign manager, who oversaw the party's national convention.

Another thing the men shared in common, beyond their senior roles: Flynn and Manafort both drew business revenues from entities close to the Putin government, and both were forced to quit over news stories about contact with Russians.

THE CANADIAN PRESS

ADVOCACY

Human rights commission calls for a hearing to address president's policies

A pan-American commission will hold an emergency hearing in Washington to investigate the impact of U.S. President Donald Trump's executive orders on human rights in the country.

Tuesday's hearing by the Inter-American Commission on Human Rights was prompted by the requests from advocates in Canada and the U.S. to review what they called "deteriorating" conditions faced by asylum seekers and other migrants under the Trump administration.

These groups have asked the commission to make findings that Trump's travel ban against six Muslim-majority countries, which has been temporarily blocked by judges, and his expansion of detention and deportation against migrants violate U.S. human rights obligations. Some of the groups hope the human rights body will rule the U.S. is not safe for refugees and recommend the suspension of the Canada-U.S. Safe Third Country Agreement.

"The expedited removals and expansion of detention

under the orders are going to have profound implications on the U.S. asylum system," said Effat Arbel, a University of British Columbia law professor who co-authored, with the Harvard Immigration and Refugee Clinical Program, a recent review of Trump's executive orders. The commission is part of the Organization of American States, made up of 35 countries, with a mission to promote and protect human rights in the American hemisphere.

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AFRICA 27 MILLION LACK ACCESS TO CLEAN WATER A girl washes her legs at a water point four kilometres from her home in Aweil, South Sudan. As World Water Day approaches on March 22, nearly 27 million people do not have access to clean water in Somalia, South Sudan, northeastern Nigeria and Yemen, compounding the problems of famine and civil war, according to UNICEF. Even those who can find water spend much of their day hiking, fetching and carrying the containers it. MACKENZIE KNOWLES-COURSON/UNICEF VIA THE ASSOCIATED PRESS

The countdown to Brexit begins

UNITED KINGDOM

Britain will soon trigger an end to their ties with EU

Britain will begin divorce proceedings from the European Union on March 29, starting the clock on two years of intense political and economic negotiations that will fundamentally change both the nation and its European neighbours.

Britain's ambassador to the EU, Tim Barrow, informed Euro-

pean Council President Donald Tusk of the exact start date on Monday morning.

"We are on the threshold of the most important negotiation for this country for a generation," Brexit Secretary David Davis said. "The government is clear in its aims: a deal that works for every nation and region of the U.K. and indeed for all of Europe - a new, positive partnership between the U.K. and our friends and allies in the European Union."

The trigger for all this tumult is the innocuous-sounding Article



Theresa May

50 of the EU's Lisbon Treaty, a never-before-used mechanism for withdrawing from the bloc. British Prime Minister Theresa May, under the Article, will notify Tusk of her nation's intentions to leave the 28-nation bloc.

The article stipulates that the two sides will have until March 2019 to agree on a divorce settlement and - if possible - establish a new relationship between Britain, the world's No. 5 economy, and the EU, a vast single market containing 500 million people.

THE ASSOCIATED PRESS

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RESEARCH

Retailers use gum as lure for shoppers

Retailers hoping to engage shoppers may want to try handing out bubble gum at the door, according to new research.

In a series of five studies, researchers from Ryerson University's Ted Rogers School of Management in Toronto found that handing out gum to shoppers encouraged them to shop for more items and with a higher level of engagement.

The act of chewing made the shoppers more alert.

"If you're more alert, you're more likely to absorb the information that is in the store — the promotional and even the nutritional labels — and have the cognitive function to absorb that information," said Seung Hwan (Mark) Lee, associate professor, retail management, at Ryerson University's Ted Rogers School of Management.

The results were published in the *Journal of Retailing and Consumer Services*.

Although one of the five studies found that people chewing gum as they shopped for groceries were more likely to buy more items, none of the studies made a strong connection between chewing gum and money spent.

"I can't say from my research that it has led to buying more products or more expensive products, but one can sort of deduce that if people are browsing more and spending more

time shopping, it could result in higher sales," said Lee.

The studies were conducted in Denver and Toronto, and included testing in a lab where volunteers were asked to imagine they were shopping online, a study that involved volunteers being asked to shop at Amazon.com, and a field study involving 56 grocery store shoppers at an unnamed retailer in Toronto.

TORSTAR NEWS SERVICE



Gavin Gariepy, 10, has started a new business called Rent A Brick, where he rents out expensive sets to fellow Lego fans.
SARAH HOYLES/FOR METRO

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Kid builds a Lego biz

YOUNG ENTREPRENEURS

Fans can pick from six sets of building blocks

Sarah Hoyles
For Metro | Edmonton

A 10-year-old from Edmonton is building a business out of Lego.

Gavin Gariepy is renting out his collection of the toy building blocks as part of a new venture called Rent a Brick.

"Big Lego sets can be very expensive," said Gariepy. "Not everyone can afford the biggest sets, so I thought people should get to try the amazing ones like these." Currently, Lego enthusiasts can pick from six sets, including the 2,144-piece Star Wars-themed Assault on Hoth Set which includes the wampa that captures Luke Skywalker, according to the Rent a Brick website.

Gariepy takes rental bookings

via text or through his website. Rentals start at \$15 and last for seven days, which Gariepy figures provides "more than enough time to build and play with it. Then give it back."

He first got the idea of a Lego rental company last year, but needed capital. So he applied for a \$500 grant from a local bank.

Russ Morrow, CEO of River City Credit Union, said his financial institution gives 10 grants to youth aged 8-13 every year as part of a program for young entrepreneurs.

"It helps kids have an entrepreneurial experience," he said.

Gariepy got his startup cash in June 2016, and spent it on building and maintaining a website at rentabrick.ca, as well as printing up business cards. He officially launched his company in January.

Since then, Gariepy has had a handful of renters, mostly kids, but some adults, he said.

Gariepy is planning to reinvest his profits to purchase more Lego sets and expand his inventory.

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BLUEPRINT by David Hains

KEEPING TRANSIT ON TRACK

Transit ridership declined across North America in 2016, causing a revenue shortage in dozens of cities. It's tempting for some agencies to consider cutting service or increasing fares to make up the difference. But those moves can cause further declines in ridership, creating a vicious cycle.

Instead, Metro looks at how cities can get on a more virtuous cycle.

Primary Concerns

With 600 routes, bus riders in Seoul, South Korea, were often confused. Buses didn't run on time. And by 2004, 60 per cent of riders were complaining. The agency **colour-coded its buses** so riders could identify where they were headed, and routes were simplified. **Outcome:** Complaints went down to 15 per cent and ridership increased by 30 to 40 per cent.

Focus

Houston **cut back service on low-frequency bus routes** in favour of ensuring regular runs on the most well-used routes. That way, people can turn up to the bus stop without worrying about the schedule. **Outcome:** Bus ridership increased by 4 per cent without budget increases. It was one of two cities to see an increase of more than 1 per cent in 2016.

Fare Price

Facing high fares, L.A. **dedicated a half-cent sales tax** in 1980 to transit. Some money went to improving service, while another chunk went to lowering fares. **Outcome:** In 1985, L.A. had its best year for transit ridership. Fares skyrocketed afterwards, and L.A. never again reached the same ridership levels.

Wider Web

One way to make transit more attractive is to focus on the customer experience. That can mean **better bus shelters, clean stations**, or something as simple as **free Wi-Fi**. **Outcome:** In California, Amtrak achieved a 2.7 per cent increase in ridership after it introduced free Wi-Fi.

Culture Shock

To cut down on people driving to work alone in mostly-empty cars, Seattle introduced a **law** more than 20 years ago **forcing big companies to encourage alternatives** like transit or carpooling. Companies offered transit passes or cash incentives to quit driving. **Outcome:** Solo drivers declined by 4.6 per cent.

PUBLIC WORKS

The week in urbanism



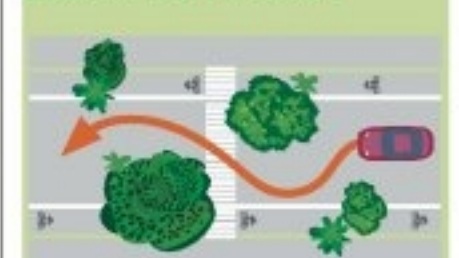
Sweden gets all the cool things

A Stockholm architecture firm has proposed a giant, glass egg-shaped indoor park. The idea is to give Stockholmers a green refuge during the long, cold winter months. The warm air for the greenhouse-like facility would come from a nearby underground parking lot.

Walk this way

Dubai has introduced a "smart" pedestrian traffic signal. Using sensors and cameras, it automatically detects the needs of pedestrians (walk time, number of pedestrians) on the sidewalk and in the crosswalk, and adjusts traffic signals accordingly.

URBAN DICTIONARY



DEFINITION

Woonerf is a Dutch word for streets that give equal priority to drivers, cyclists and pedestrians by placing them all on the same level and reducing driving speeds to walking pace. Also referred to as "home zones."

USE IT IN A SENTENCE

Emma felt safe walking down the neighbourhood **woonerf**, which put her at eye level with motorists.

CITY CHAMP

Hazel Borys is the managing director of PlaceMakers, a planning and consultation firm. Based in Winnipeg, Borys used to love sprawl, but now tweets about zoning, pedestrian issues, and art.

@hborys



WORD ON THE STREET by Sarah-Joyce Battersby

Popping ballooning budgets on mega infrastructure jobs



Matti Siemiatycki CONTRIBUTED

The federal government is expected to flesh out a plan Wednesday to invest almost \$190 billion in infrastructure over the next 12 years.

But will it be enough?

Whether it's Boston's Big Dig, Europe's Chunnel or (insert your local project here), mega projects are rarely on-budget. In fact, they chronically rack up extra costs.

Metro asked Matti Siemiatycki, a planning professor at the University of Toronto, why it happens, and how to fix it.

While mega projects are complex, consistent overruns suggest it's not random, he said. If it was, planners would

guess under budget sometimes, which rarely happens.

Instead, one theory goes that someone is lying, either to themselves or to others.

Lying to oneself is called optimism bias. It means we imagine best-case scenarios and hope issues can be controlled even as things go off the rails.

Lying to others is what leading scholar Bent Flyvbjerg calls strategic misrepresentation. Large projects sometimes incentivize fudging both the costs and the benefits, like giving overly sunny ridership projections for a transit project, in order to win public and political support.

But Siemiatycki has solutions.

Collect data: Governments should fire up the analytics machine and turn infrastructure planning into a numbers game, collecting stats on mega projects as diligently as baseball teams do for batters.

Change incentives: Reward the best solution, not the cheapest. Data could help here, giving better insight into which builders provide accurate budget and time projections, and put them at the top of the heap for bids.

Budget boot camp: A U.K. program put all civil servants working on projects over a certain cost threshold through

a training program to ward off bad planning.

Rope in private dollars:

When public projects team up with private enterprise often the same people are responsible for designing, building and maintaining it, so they can't pass the buck or dodge deadlines. Also, the deals generally reward meeting targets along the way.

However it's done, fixes need to come soon, said Siemiatycki, who fears public confidence in government is waning "not only to deliver projects, but to use infrastructure to address the major challenges that our communities face."



All of this centres on Eurocentric beauty standards, which privilege those who are white or are white adjacent in appearance

Shantel Buggs, PhD candidate in sociology at University of Texas



Racism in the dating game

CULTURE

Black women and Asian men the victims of cultural biases

Sofi Papamarko
life@metronews.ca



"I'm open to dating women of all backgrounds," he tells me. "Except for black women."

"I've just never been attracted to Asian men," she says.

Uncomfortable yet? Unfortunately, the vast majority of singles I've worked with have clear racial preferences and biases when it comes to dating. Now that I'm four years into professional matchmaking, I've seen clear patterns emerge when it comes to race and attraction.

White men: congratulations! Women of every racial background seem to strongly prefer dating you. Asian and Latin women are most popular with the gents. Black women and Asian men are the two groups most notably at a dating disadvantage. They are the hardest singles for me to match, because they tend to be excluded from the match searches of the majority of clients.

The online dating world is also stacked against them. According to Christian Rudder's OKCupid

blog, stats from 2014 show that 82 per cent of non-black men on OKCupid show some bias against black women. Asian men's profiles are consistently rated the lowest by single women using online dating sites. But why?

"Attractiveness is a very haphazard dish that can't be boiled down to height or skin colour, but Asian men are told that regardless of what the idyllic mirepoix is or isn't, we just don't have the ingredients," television host Eddie Huang recently wrote in the New York Times.

Pop culture is a window into desire. Consider the male Asian characters in movies you've seen in the last several years. When was the last time you saw a North American film where a desirable Asian man played the lead and didn't know martial arts?

A similar story presents itself when we deconstruct black women in popular culture. In film and television, black women are often portrayed as two-dimensional "strong and sassy" stereotypes. When cast as a romantic interest, they're usually played by biracial or multiracial women with lighter skin tones.

"Society tells us that black women are hypersexual but also more masculine than other women, while it suggests that Asian men are less masculine — to the point of being effeminate — and that they are physically less attractive," says Shantel

Buggs, a PhD Candidate in Sociology at the University of Texas.

The exclusion of Asian men is a particularly visible problem in the gay community. "No rice, no spice" is the social networking apps Scruff and Grindr parlance for "no East Asian men, no South Asian men." Straight people aren't as upfront about their prejudices, but having spoken to several women of colour about their time online, they seem to get fewer matches than other women and are frequently fetishized when they do connect.

In a recent feature article in the Walrus, lawyer Hadiya Roderique detailed her challenges dating as a woman of colour. When Hadiya photoshopped her dating profile photos so that she appeared to be a white woman, her profile's popularity skyrocketed.

"When you combine demographics, the fact that users disproportionately message others of the same race, fetishism, sexualization of blackness, racism and anti-blackness, it adds up to — to put it mildly — a 'harder time' in those spaces," she said.

So are you racist if you aren't open to dating everyone? I don't know. Are you the product of a racist society? Undoubtedly, yes. We all are. And we're going to have to work hard at being inclusive and open-minded in dating and in every other aspect of life if we're set on making any progress at all. TORSTAR NEWS SERVICE

The structural emasculation of Asian men in all forms of media became a self-fulfilling prophecy that produced an actual abhorrence to Asian men in the real world

TV host Eddie Huang



It's easy to keep yourself in the dark about racism and bias when you are part of the majority, and I seem to have shone a bit of light about this in those spaces

Hadiya Roderique, lawyer



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chatr
AUTHORIZED DEALER

Untying all those knots

YOGA

Try a Twisted Stitcher to get warmed up

YuMee Chung
life@metronews.ca

This week's offering is one of the exercises my granny would do, much to my chagrin, while watching me at the playground. I use it today as a pre-yoga warm-up to mobilize the spine, relax the shoulders and improve circulation in the hands.

Take note knitters, crocheters and other textile artists: this one is tailor-made for you.

1. Situate yourself in a wide-open space with your feet set shoulder-distance apart and arms hanging slackly by your sides.

2. Rotate your spine to the right as you gaze over the right shoulder and pivot onto

your left toes to protect your knees. Then, do the same on the second side.

3. Turn from side-to-side, gaining speed as you go.

4. Curl your hands into loose fists and, moving only with momentum, percussively massage your lower back.

5. Then, bring the hands up to thump the fronts of your shoulders.

6. Finally, gain enough momentum to throw the arms over your shoulders and tenderize your upper back and the corners of your neck for five or more breaths.

7. Decelerate until the body comes to stillness and your arms hang heavy by your sides.

8. Notice the warmth in your hands and the feeling of well-being. TORSTAR NEWS SERVICE

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. Learn more about her at padmani.com.



YuMee demonstrates a Twisted Stitcher. TORSTAR NEWS SERVICE

+ PROSTATE DRUGS' DEPRESSION LINK

A common class of medications used to treat urinary symptoms in men with an enlarged prostate does not boost the risk of suicide, but in rare cases can cause depression, a study has found.

Researchers investigating the potential adverse effects of finasteride and dutasteride after Health Canada issued a warning last year about a possible relationship

between the drugs and suicidal behaviour. These drugs, known as 5-alpha reductase inhibitors, or 5ARIs, work by shrinking the prostate.

"Our study shows that 5-alpha reductase inhibitors do not lead to an increased risk of suicide," said Dr. Blayne Welk, a urologist at Western University in London, Ont., who led the study.

THE CANADIAN PRESS

RANKING

It takes more than money to be happy: Study

We're happy...just a little less happy than usual.

That's the main Canadian takeaway from the World Happiness Report where the country dropped to its lowest-ever ranking, coming in at seventh place, having usually occupied fifth or sixth on the list.

Norway is now the happiest country on Earth. Americans are getting sadder, and it takes more than just money to be happy were the other primary findings.

Norway vaulted to the top slot despite the plummeting price of oil, a key part of its economy. Income in the U.S. has gone up over the past decade, but happiness is declining. The U.S. was 14th, down from No. 13 last year.

"It's the human things that matter. If the riches make it harder to have frequent and trustworthy relationship between people, is it worth it?" asked John Helliwell, the lead author of the report and an economist

at the University of British Columbia. "The material can stand in the way of the human."

Norway moved from No. 4 to the top spot in the report's rankings, which combine economic, health and polling data compiled by economists that are averaged over three years from 2014 to

7

Canada dropped from sixth place to seventh in the new World Happiness Index.

2016. Norway edged past previous champ Denmark, which fell to second. Iceland, Switzerland and Finland round out the top 5.

Central African Republic fell to last on the happiness list, and is joined at the bottom by Burundi, Tanzania, Syria and Rwanda. THE ASSOCIATED PRESS

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INCLUSION

Muppet with autism joins Sesame Street

Folks on Sesame Street have a way of making everyone feel accepted.

That certainly goes for Julia, a Muppet youngster with blazing red hair, bright green eyes — and autism. Rather than being treated like an outsider, which too often is the plight of kids on the spectrum, Julia is one of the gang.

Look: On this friendliest of streets (actually Studio J at New York's Kaufman Astoria Studios, where Sesame Street lives) Julia is about to play a game with Oscar, Abby and Grover. In this scene being taped for airing next season, these Muppet chums have been challenged to spot objects shaped like squares or circles or triangles. "You're lucky," says Abby to Grover. "You have Julia on your team, and she is really good at finding shapes!"

With that, they skedaddle, an exit that calls for the six Muppeteers squatted out of sight below them to scramble accordingly. Joining her pals, Julia (performed by Stacey Gordon) takes off hunting.

For more than a year, Julia has existed in print and digital illustrations as the centerpiece of a multifaceted initiative by Sesame Workshop called Sesame Street and Autism: See Amazing in All Children.

She has been the subject of a storybook released along with videos, e-books, an app and website. The goal is to promote a better understanding of what the Autism Speaks advocacy group describes as "a range of conditions characterized by challenges with social skills, repetitive behaviours, speech and nonverbal communication, as well as by unique strengths and differences."

But now Julia has been brought to life in fine Muppet fettle. She makes her TV debut on Sesame Street in the Meet Julia episode airing April 10.

Developing Julia and all the other components of this campaign has required years of consultation with organizations, experts and families within the autism community, according to Jeanette Betancourt, Sesame Workshop's senior vice-president of U.S. Social Impact.

"In the U.S., one in 68 children is diagnosed with autism spectrum disorder," she says. "We wanted to promote a better understanding and reduce the stigma often found around these children. We're modeling the way both children and adults can look at autism from a strength-based perspective: finding things that all children share."

THE ASSOCIATED PRESS



Julia, a new autistic muppet character, debuts on April 10. AP

Not just for gamers: Time has come for VR in the ER

TECHNOLOGY

Doctors adopt virtual reality to put patients' minds at ease

Jonathan Forani

life@metronews.ca

When 9-year-old Tess Baird landed at Sick Kids for surgery on a badly broken finger she was terrified.

"The big lights, all the big machines. I was really scared," she said.

To put her mind at ease, hospital staff gave her a virtual reality headset — futuristic-looking goggles with a 360-degree video screen — that detailed the impending procedure from a patient's perspective.

The frightened Brampton girl experienced a blow by blow of what to expect from the moment she'd be greeted by nursing staff, to being wheeled through the halls on a gurney, receiving anesthetic and falling into a fog, to finally waking up when it was over.

When she underwent the surgery 30 minutes later, she was no longer scared.

"Let's say I had 10 nerves. Nine of them were gone," said Tess, who broke her finger while roughhousing with her brother.

Virtual reality isn't just for gamers anymore. Toronto anesthesiologists Fahad Alam and Clyde Matava are using immersive reality in health care in the only such lab in Canada called the Collaborative Human Immersive and Interactive Lab (CHISIL).

They have tested the technology on more than 200 patients including Tess at The Hospital for Sick Children and Sunnybrook



Patient Tess Baird uses a VR headset while Dr. Ben O'Sullivan looks on as part of a project to ease pre-surgery anxiety. TORSTAR NEWS SERVICE

Health Sciences Centre. "We're taking (VR) out of the gaming realm, and actually using it to help patients and changing care," said Alam. With the immersive experience, "the fear of unknown is kind of eliminated."

Doctors are now analyzing the data and the results have been encouraging. There have been no episodes of "VR sickness" (headaches and nausea similar to motion sickness) and any fear prior to surgery has decreased. They found that nearly all the children at Sick Kids preferred the VR over traditional PowerPoint slides to explain the surgery process. One hundred parents of patients, including Tess's mom Kristen Wall, also tried the technology.

"There's nothing more frightening as a parent than having one of your children sick or broken," said Wall, who found it eased her nerves as well.

"I watched (Tess) go from nervous and frightened to more armed with information."

Preoperative anxiety doesn't just affect children. It is a significant problem across all ages.

"Up to 80 per cent of patients coming for any type of surgery can be suffering from some form of preoperation anxiety," said Alam. That anxiety can result in pain and increased anesthetic requirements. The unease doesn't just dissipate after surgery, it can delay recovery.

The VR could replace current less effective methods of stress relief including cartoon drawings, photographs and standard 2D video by allowing patients to "pre-experience the environment" in a gamelike way.

For Laura Victoria-Perez, 41,



Let's say I had 10 nerves. Nine of them were gone.

Tess Baird, patient

who suffers from social anxiety, the pre-surgery VR experience was ideal. "It feels like you're inside a video game," said Victoria-Perez, who had surgery in November. "If at my age I was afraid, I can only imagine how it scares some kids before a surgery."

Virtual reality is most often associated with pricey brands like Oculus Rift and PlayStation VR, which cost upwards of \$500. At Toronto's CHISIL lab, Matava and Alam have kept their costs in check using Google Cardboard, which is mounted to a smartphone rather than using its own screen. At \$5-\$15 per headset it is among the most inexpensive of VR options. The Sick Kids and Sunnybrook doctors hope that the technology will also be helpful for training health workers.

For Tess, the virtual reality prelude was a success.

"Don't worry," is her post-op advice. "It's not going to be as scary as you think."

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YouTubers hit out at 'restricted' filter

SOCIAL MEDIA

Tegan and Sara lead calls to lift block on gay, trans content

A chorus of Canadian LGBTQ YouTubers, including pop duo Tegan and Sara, is calling for the video service to stop filtering out gay and trans-themed videos for some users.

The Calgary-raised sisters took to social media to question why YouTube's "restricted" setting blocks a wide variety of LGBTQ-friendly content for no clear reason.

"If you put YouTube on restricted mode a bunch of our music videos disappear. I checked myself. LGBTQ people shouldn't be restricted. SAD!"

Tegan and Sara (below) tweeted. Among the missing clips were videos from their latest album, including for "That Girl" and "U-turn."

They were joined by Halifax singer Ria Mae, who said her video for Gold, which features the singer in a lesbian relationship, was also being filtered out.

"Young gay kids need to see themselves represented and they need to know it's normal, it's OK and it's not X-rated," Mae said in a video on her Instagram account.



"It sends a bad message to young gay kids and young trans kids that their lives are not normal or acceptable."

At issue is YouTube's "restricted" designation, which lets parents, schools and libraries

filter content that may be considered inappropriate for users under 18. YouTube calls it "an optional feature used by a very small subset of users."

What's unclear is whether the types of videos in question are being labelled as "restricted" for the first time, or if this has been an ongoing practice that's only recently gained attention.

Video producer Michael Rizzi, who's based in Toronto, says he's concerned with the message it sends to loyal YouTube users. He's seen 176 of his 236 videos disappear in "restricted" mode, representing 75 per cent of the clips he's uploaded over the past five years.

"It's more a feeling of being pushed to the side," Rizzi says. "It's a pretty big screw-up on their end."

In an emailed statement on Monday, YouTube acknowledged the filter saying "some videos that cover subjects like health, politics and sexuality may not appear for users and institutions that choose to use this feature."

THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

Underfed and vulnerable but Anne's resolve is unwavering

THE SHOW: Anne, Season 1, Episodes 1 & 2 (CBC)

THE MOMENT: The stump

Siblings Matthew and Marilla Cuthbert (R.H. Thomson and Geraldine James, both perfect) wanted to adopt a boy to help work their Prince Edward Island farm. Instead they got Anne (Amybeth McNulty, also perfect) an exuberant, redheaded orphan tween whose imagination outweighs her underfed frame. Matthew fell for her, but Marilla, more practical, thinks Anne should return to the orphanage.

"Couldn't I do the farm chores even though I'm a girl?" Anne asks.

"That's not the way of things and you know it," Marilla replies.

"But couldn't I?" Anne persists. "I'm as strong as a boy, and I prefer to be outdoors."

Marilla's resolve wavers. "Do you consider yourself to be delicate and incapable?" Anne asks. "Because I don't."

That's the text of this Anne



Amybeth McNulty is perfect as exuberant Anne. CONTRIBUTED

reboot, from creator Moira Walley-Beckett, who went from writing Breaking Bad to creating the backstage-at-the-ballet drama Flesh and Bone to Green Gables.

But Walley-Beckett also gives us subtext. Reading between the novel's lines and adding verisimilitude, she gives us quick but potent glimpses of the miseries many orphans faced in 1890s Imperialist culture.

As Anne makes her case to Marilla, we recall two flashes we've just seen: Anne, alone in a room in an orphan asylum,

with two men moving in on her as the door swings shut. And Anne, in indentured servitude to a family with too many children, bent over a stump, skirts lifted, being beaten by a drunk man.

She doesn't tell Marilla why she so desperately needs to stay. But Walley-Beckett makes sure we see it.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

ADVERTISING FEATURE

Three pharmacy services you may not know exist

By Victor Wong, Shoppers Drug Mart Pharmacist and Associate Store Owner

Pharmacist Awareness Month is celebrated every March to help educate Canadians about the contributions pharmacists make in their communities. However, a recent national survey conducted by the Canadian Pharmacist Association found that while Ontarians know pharmacists are medication experts, what many don't realize is that their local pharmacists also offer additional time-saving, health services right in the pharmacy. When it comes to pharmacists, here are three services Ontarians may not be taking advantage of:

Managing Heart Health: In addition to providing advice on your medications, pharmacists can help you monitor blood pressure with easy-to-use, in-store machines, and then help you interpret the readings. Cardiovascular disease (or heart disease) is the number one killer in Canada — so it's important to stay on top of things like your cholesterol. Yet, two thirds of Ontarians aren't aware that pharmacists are a great resource for convenient and practical information on how to lead a heart-healthy life.

Vaccinations: Most people associate pharmacists with the flu shot, but don't realize they can also provide vaccines for shingles, HVP, and other diseases, to keep you and your

loved ones protected. For those planning trips to warmer climates, including Mexico, Cuba and the Caribbean, it's important to protect yourself from diseases that may not be prevalent in Canada, but are common in other countries. Vaccinations for hepatitis A and hepatitis B, and typhoid are all things your pharmacist can advise you on. New in Ontario this year, pharmacists can now administer these vaccines in-pharmacy!

Advice on nutrition: Eating balanced, nutritious meals is important for staying healthy throughout the year, especially for those with chronic conditions. The correct diet allows you to maintain a healthy weight, avoid certain health issues and can positively affect overall wellbeing. Pharmacists can provide their patients with nutrition advice for lowering blood pressure, cholesterol and blood glucose, and more, but more than half of Ontarians don't know this!

I find that patients are frequently surprised, and pleased, when they discover the variety of healthcare services Ontario pharmacists can offer.

To learn more about the services above, and others, visit www.shoppersdrugmart.ca, or drop by your local Shoppers Drug Mart today.



CONTRIBUTED

Police say Tom Brady's missing Super bowl jersey has been found in 'possession of a credentialed member of the international media' in Mexico



Maple Leafs defenceman Morgan Rielly scores past Bruins goalie Tuukka Rask on Monday night at Air Canada Centre.

RICK MADONIK/TORSTAR NEWS SERVICE

NHL

Leafs pull away late to sweep Bruins

Tyler Bozak scored the go-ahead power-play goal with less than two minutes left in regulation as the Toronto Maple Leafs notched a huge 4-2 victory over the Boston Bruins Monday night.

The win pulled the Leafs (33-23-15, 81 points) to within one point of the Bruins (38-28-6, 82 points) for third spot in the Atlantic division. Toronto, currently holding the final wild-card position in the Eastern Conference, also holds a game in hand.

Morgan Rielly, William Nylander and Nazem Kadri also scored for the Leafs, who swept the season series with Boston (4-0-0). Frederik Andersen was sharp with 31 saves, James van Riemsdyk notching two assists.

David Backes and Dominic Moore scored for the Bruins,

MONDAY At ACC

4	2
LEAFS	BRUINS

and Tuukka Rask yielded two goals on 27 shots.

With the game even 1-1, the Leafs got a power play with less than three minutes to go in the third when Moore was whistled for interfering with Nikita Soshnikov. A day after his 31st birthday, Bozak beat Rask from the slot for the go-ahead goal and eventual game-winner — his 17th of the year.

Nylander extended his point streak to eight games by scoring his 19th of the season into an empty net. THE CANADIAN PRESS

Ready for 'next step now': Donaldson

BLUE JAYS

Third baseman back in lineup, confident about team in 2017

Josh Donaldson said the words that everyone in the Blue Jays' spring training camp has been waiting to hear.

The club's third baseman pronounced his injured calf muscle trouble-free after his spring debut Monday, then reiterated his belief that the Jays should be a highly competitive team and a post-season threat.

"It's good to get back into it, I'm good to go," Donaldson said as the Jays dropped an 8-2 decision to Minnesota in Dunedin.

"I just want to win games. I feel like we have the team to compete ... Doing what we have to do and what we can do to win games, that's what this is all about."

This was only a spring training game, roughly halfway through camp, but when the Jays' top player is amped up about his recovery and the club's forecast, it's important.

Injuries and the World Baseball Classic have disrupted the Jays' spring. And Donaldson, the 2015 American League MVP, left an unmistakable void in the roster. The team wasn't complete without him.

His return from a calf muscle



Josh Donaldson takes a cut in Dunedin, Fla., on Monday. CHRIS O'MEARA/THE ASSOCIATED PRESS

JD'S RETURN

- Donaldson was 0-for-2 with a walk as the designated hitter on Monday.
- He is scheduled to play at third base Wednesday.

problem is just the start of a roster reunion. Outfielder Jose Bautista could be back from the WBC as early as Tuesday. Second baseman Devon Travis — playing in minor-league games — should join the big club in a matter of days. Starter Marcus Stroman will return once the United States is

finished at the WBC this week. The Jays' starting nine should be appearing more regularly in spring games.

There are still question marks in some areas.

Ezequiel Carrera left Monday's game favouring his right leg after a seventh-inning collision with Darwin Barney. If Carrera is lost for any length of time, it will only further cloud the Jays' still unsettled left-field picture. Carrera was expected to platoon with Melvin Upton Jr., at least until the Jays figured out where they could best utilize Steve Pearce, who is recovering from elbow problems.

Darrell Ceciliani, who had an-

other hit Monday, his team-leading 12th of spring training, is a growing story in camp and is still a candidate for an outfield spot.

But Donaldson ensured everyone watching the Jays that the core group of players are ready to earnestly challenge for the post-season for the third year in a row.

"We've been on the edge for two years now," said Donaldson, referring to the Jays' exits in the American League Championship Series to Kansas City in 2015 and Cleveland last season. "We want that next step now, and we believe we have the team that can do it."

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EXCLUSIVE CONTENT



CONTESTS



SPECIAL OFFERS

1 South

The only bracket with the top four seeds still alive, so the North Carolina Tar Heels' path looks the same as it did on Selection Sunday.

UNC (29-7) needed a game-closing 12-0 run to rally past the eighth-seeded Arkansas Razorbacks. Now the Tar Heels meet fourth-seeded Butler (25-8) in the undercard to Friday's matchup of second-seeded Kentucky (31-5) and third-seeded UCLA (31-4) in Memphis, Tennessee.



North Carolina's Kennedy Meeks

Regional reset

A look at the Final Four paths for the top remaining NCAA teams across the U.S.

THE ASSOCIATED PRESS

West 2

The only other region to have its No. 1 and No. 2 seeds both make the Sweet 16. Top-seeded Gonzaga, pictured, (34-1) faces fourth-seeded West Virginia (28-8) on Thursday in San Jose; No. 2-seed Arizona (32-4) meets 11-seed Xavier (23-13) — the lowest-seeded team still in the field after its rout of 3-seed Florida State.

If seeds hold, that would set up a rematch of a December game won by the Bulldogs 69-62. But Arizona didn't have Allonzo Trier, who was suspended for the first 19 games for performance-enhancing drugs.



3 Midwest

The Midwest also had three of its top four seeds reach the Sweet 16. But it's the bottom half of the bracket commanding the most attention with 7-seed Michigan, pictured, possibly the hottest team in the field.

The Wolverines (26-11) have beaten Oklahoma State and 2-seed Louisville for their first NCAA wins since 2014.

Michigan made 16 threes against Oklahoma State and made 33 of 52 shots (63.4 per cent) after halftime in those two wins. Michigan faces No. 3 seed Oregon (31-5) in Kansas City on Thursday. The Kansas Jayhawks (30-4) get fourth-seeded Purdue (27-7), the Big Ten regular-season champion.

4

East

Welcome to the lone topsy-turvy bracket after losses by No. 1 overall seed Villanova and No. 2 seed Duke.

Now third-seeded Baylor (27-7) is the highest remaining seed entering a matchup with seventh-seeded South Carolina (24-10). The other half of Friday's bracket in New York features fourth-seeded Florida (26-8) against No. 8 seed Wisconsin (27-9).



Baylor's Johnathan Motley

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Connected to your community

Working his niche

NBA

Raps' Poeltl thriving with hustle, heart and instincts

It is a unique set of circumstances that has landed Jakob Poeltl at this point in his life and his basketball career, a point far along a path seldom taken by successful NBA rookies.

Each of the circumstances is different, each is important, each has led to the 21-year-old Toronto Raptor becoming a contributing member of a very good team.

He grew up in Austria, hardly a basketball hotbed. But he is the son of volleyball stars, so there's athletic DNA coursing through his veins.

He learned nuances of the game in college at Utah from Larry Krystkowiak, a former NBA player and NBA head coach who was more than capable of turning a raw kid into a solid prospect.

And to infuse the narrative with a little Canadian flavour, Poeltl credits one of his more physical Utah teammates, Calgary's Darrin Bachynski, with toughening him up during myriad college practices to prepare Poeltl for the rough-and-tumble aspects of the NBA game.

It wasn't the usual developmental path.

The Poeltl package, as it is now, is a culmination of factors

and some impossible-to-teach instincts.

"I don't know where it's coming from, I just feel comfortable out there and I feel like I know where I'm supposed to go," Poeltl said Monday.

It has more than worked for the seven-foot native of Vienna, who is emerging late in the season as a vital backup for the Raptors.

He has played almost 17 minutes a night in the Raptors' last five games, including 23:23 in Sunday's win over Indiana. Poeltl is averaging just 10.8 minutes on the season.

"He's always in the right place, (makes) very few mistakes, he's very physical, he's not afraid, he loves contact," Raptors coach Dwane Casey said Monday.

Poeltl's biggest attribute may be his humility. He knows what he doesn't know, he doesn't get too happy with big nights or too down with bad ones. He avoids



Every time you put him in, he does something positive.

Jakob Poeltl

going berserk when the inevitable bad rookie calls go against him and he has built a reputation as a trustworthy young player.

"I wouldn't say there's a moment," he said. "It's just that trust is something you've got to develop over time ... with solid performances night in, night out."

"That's how you earn your trust, like being in the right spots in defensive rotations, doing your job, playing hard. I feel like that's how you earn a coach's trust and that's what I try to do."

TORSTAR NEWS SERVICE



Jakob Poeltl has gained the trust of his coach and teammates with a recent increase in workload with the Raptors.

VAUGHN RIDLEY/GETTY IMAGES

PAY EQUITY

USA Hockey, women's team hopeful for deal

USA Hockey and the women's national team say their marathon meeting Monday was productive and they hope to have an agreement this week that will end their ongoing wage dispute and avoid a boycott of the upcoming world championships.

The sides met for more than 10 hours Monday in Philadelphia and will continue discussions later this week. Players announced last week they'd boycott the upcoming world championships in Plymouth, Mich., unless significant progress was made toward a labour agreement.

USA Hockey and players released statements Monday

night saying they hoped a deal would be reached in time for the tournament, which begins March 31.

Players said they were hopeful to get an agreement in time to have a training camp and prepare to defend their world championship gold medal on home ice.

"We feel like we made progress today," star forward Jocelyne Lamoureux-Davidson said by phone.

"They were productive, and we are hopeful that we can come to a timely agreement that would get us to Plymouth in time to prepare as a team so that we could compete in worlds."

THE ASSOCIATED PRESS



IN BRIEF

Homan rink rises to top

Rachel Homan and her Canada rink gave themselves a major confidence boost Monday in their quest for gold at the women's world curling championship, handing Switzerland its first loss and taking sole possession of first place in the round-robin standings in Beijing.

Canada improved to 5-0 with an 8-6 win over Swiss skip Alina Paetz, a two-time world champion. The Canadians also topped the U.S. 7-5. THE CANADIAN PRESS

Yankees' Gregorius out of WBC with shoulder injury

New York Yankees shortstop Didi Gregorius has a bruised right shoulder, ending his time at the World Baseball Classic and leaving his status for opening day in doubt.

Yankees manager Joe Girardi didn't put a timetable on a return, only saying, "He's going to be sidelined for a bit."

The Yankees start the regular season April 2 at Tampa Bay.

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Ceri Marsh & Laura Keogh
For Metro Canada



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Prep time: 5 minutes
Serves 2

Ingredients

- 1 can tuna, packed in water (5 oz)
- 1 stem of celery, chopped fine
- 3 or 4 cherry tomatoes, chopped
- 1 or 2 Tbsp mayonnaise
- 2 tortillas
- 1 carrot, grated
- 1/2 avocado, sliced

Directions

1. In a bowl, mix tuna, celery, tomatoes and mayonnaise.

2. Lay your tortillas on a work surface. Spoon a stripe of tuna mixture down the middle of each tortilla. Now lay down a strip of the grated carrot, right next to the tuna. Place slices of avocado right next to the carrot.

3. Wrap one side of the tortilla over the other. Now tuck in the sides and keep rolling so everything is snugly inside.

4. Slice the tortilla in half and serves with a side of mixed greens.

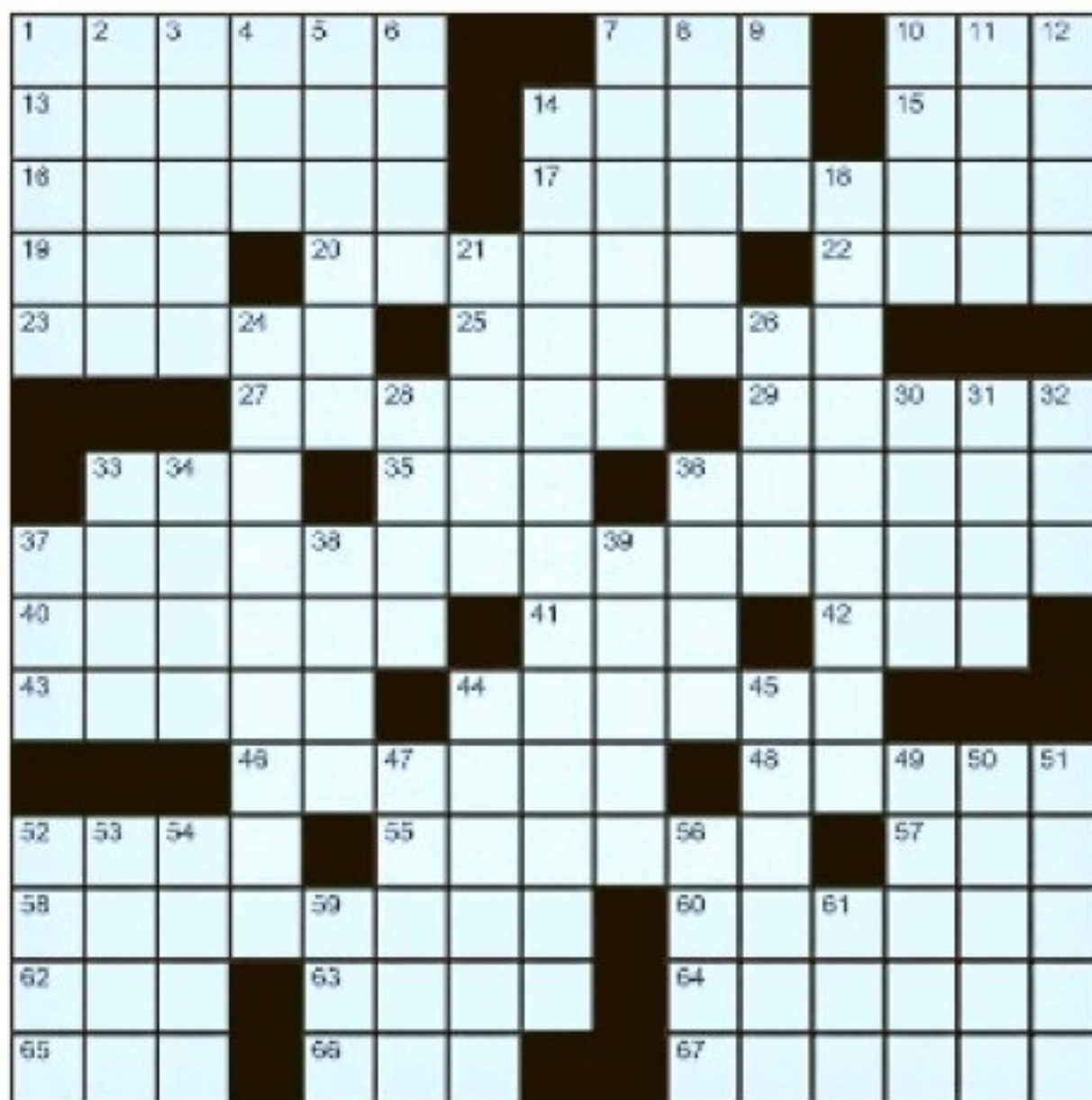
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CROSSWORD Canada Across and Down

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ACROSS

1. North West Mounted Police officer, Sam _ (b.1849 - d.1919)
7. Undergarment, e.g.
10. Canadian restaurant chain, The _ Steakhouse + Bar
13. Pondered
14. _ lily
15. Brick wall's greenery
16. Checking out a website
17. Naysayer
19. Pad _ Mao (Rice noodles dish)
20. Garden statues
22. Via, in verse
23. Accounting firm, _ & Young
25. Most abundant
27. Peoples' possessive pronouns
29. Entice
33. Neither here _ there
35. "The Crying Game" (1992) actor Stephen
36. More blood-and-guts-ish
37. Canadian magician Doug Henning was this political group's candidate (in the Rose-dale riding of Toronto) in the 1993 federal election: 3 wds.
40. Unchanged: 3 wds.
41. "Kids" (2001)
42. Telephone bk. listings
43. Fettuccine is a form
44. Like the CN logo
46. 1928: Trivial Breath poet Ms. Wylie
48. Requirements



52. 'Shake' with a spoon
55. Expressed
57. Shoppers Drug Mart cosmetics line
58. Population counts
60. Temple ceremony
62. Dramatist's division

63. Way to kick the football
64. Creature in a Tennessee Williams play title
65. 17th Greek letter
66. _ in stone
67. More man-of-the-monor-ly

DOWN

11. Deep Purple's " _ on the Water"
2. Radio dial
3. Ms. DeGeneres
4. High Priest in the Old Testament
5. Distance
6. Shangri-la

7. Summarizing papers
8. The Russian language, in Quebec City
9. Band's bitty blaster
10. _ and kin (Friends and family)
11. Goffin-King

- penned tune: "Don't _ Change"
12. Pita serving perhaps
14. Scenic driving route in the Avalon region of Newfoundland: 2 wds.
18. Vocalization
21. Bay window
24. Models when on the fashion runway
26. End the endlessness
28. Epochs
30. Spanish artist, Joan _ (b.1893 - d.1983)
31. Goldfish and canaries
32. " _ (Just a Little Bit Harder)" by Janis Joplin
33. Galaxy gr.
34. Mr. Redding
36. Ms. Paltrow, for short
37. Reclined rest
38. Oman money
39. Towards the ship's left side
44. Aim
45. Jeans hue
47. Periodical's particular publishing
49. = meaning
50. One of the NHL's six Sutter Brothers from Viking, Alberta
51. Sun-related
52. Boo-boo in Al Pacino's 1983 flick
53. _savvy
54. Call Question link
56. CNN anchor Ms. Burnett
59. Un-downs
61. _ of margarine

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You should know that others notice you today, especially bosses, parents and VIPs. Therefore, be mindful of your behaviour. Fortunately, you will be sympathetic toward someone, which makes you look good.

Taurus April 21 - May 21
Thoughts of travelling appeal to you now. In particular, you will appreciate the beauty of arts and crafts from other cultures. You also will enjoy the stimulation of different surroundings.

Gemini May 22 - June 21
If you have to divide or share something with someone today, you will be more than generous. In fact, remember to be fair to yourself as well. Don't give away the farm.

Cancer June 22 - July 23
Today you have to go more than halfway when dealing with others. Fortunately, you will find this easy to do because you feel genuinely sympathetic and concerned for someone else's welfare.

Leo July 24 - Aug. 23
Because you feel sympathetic toward a co-worker today, he or she might come to you for advice or counseling. Never pass up an opportunity to practice kindness.

Virgo Aug. 24 - Sept. 23
Welcome any opportunity to express your creative talent today. You are not a noun; you are a verb. It's the doing that really counts.

Libra Sept. 24 - Oct. 23
You might want to cocoon at home today and seek out some privacy, because you feel the need to catch your breath and enjoy your own space. That's just fine. We all need to do this from time to time.

Scorpio Oct. 24 - Nov. 22
When talking to others today, you won't be satisfied with superficial chitchat. You want a real, meaningful discussion with someone. (Not just comments about the weather.)

Sagittarius Nov. 23 - Dec. 21
If out shopping today, you might be tempted to spend too much money on luxurious items. It's your nature to go big or go home.

Capricorn Dec. 22 - Jan. 20
Today the moon is in your sign, which makes you more emotional than usual. The good news is that this can attract a little bit of extra good luck!

Aquarius Jan. 21 - Feb. 19
Today you will prefer some privacy. Ideally, you will work alone or behind the scenes, because this will suit you best.

Pisces Feb. 20 - March 20
A conversation with a female friend is important. Perhaps you need to confide in someone, or someone needs to confide in you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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